

THE RESTRICTED DISTRICT IN SANITY

All Who Enter Here Leave Hope Behind. The Worst Forms of Insanity Are Dealt Out Here.
"He Goeth Like an Ox to Slaughter. He Is Void of Understanding."

EDUCATE---EDUCATE---EDUCATE
BE TEMPERATE--BE CLEANLY--BE VIRTUOUS

These Are the Basis of All Sanity Laws. A Knowledge of the Bible Should Be the Basis of All Citizenship. For There Are the Thoughts That Have Burned in the Mind of God Himself and Are As Unchangeable As the Eternal Sun. And It Deals With Every Phase of Life From the Cradle to the Grave. Every Law in It Is For Your Own Good, Written in Tenderness and Mercy. "The Sabbath Was Made for Man, Not Man For the Sabbath." So the Bible Was Made For Man, Not Man For the Bible. And It Shines Like a Beautiful Beacon Light From Your Father's Heavenly Mansion, Tenderly and Lovingly Lest Your Feet Become Tangled in the Snares of Life and You stumble and Fall. Or so You Can See the Breakers Ahead Lest Your Tender Bark Is Wrecked Upon the Shoals on the Ocean of Life.

"What's the Matter With Your Brain?"

By STODDARD GOODLINE In Cosmopolitan Magazine

"EXCERPTS"

"A Few Weeks Ago a Novel Attraction Held the Attention of Thousands of Visitors at the College of The City of New York. It Was Called the Mental Hygiene's Conference and Exhibit. Nothing Like It Had Previously Ever Been Seen. It Exhibited Brains in Every Stage of Diseased Condition"

The new method of restraining the personal activities of insane patients is not to stop them forcibly and thus enhance their suffering, but they are given a prolonged bath, which soothes them and does away with the necessity of restraint (which shows it is stagnant blood pressing the brain.)

YOU MAY ALREADY BEGIN TO SHOW SIGNS OF INSANITY

You allow your attention to be distracted by incidental noises; you are worried over trifles, human mistakes that are beyond repair, give way to bursts of temper that are more mind racking than any amount of legitimate work, and finally end the day with a feeling that you have not really accomplished half that you set out to do.

All of which shows that your brain is not the well-gear, well-ordered, trained, and disciplined mechanism that it might be. And this is so, largely because it has never occurred to you that mental efficiency is in the last analysis the foundation of all efficiency; that mental hygiene and mind training are vastly more important than physical hygiene and bodily training.

More than likely you supplement these sins of omission with habits that directly tend to vitiate the power or the quality of your mental activities. You smoke far more than is good for your mind and body, charging your system with the nerve-poison nicotine; or you steadily impair your brain power and subject yourself to the danger of permanent mental deterioration by habitually taking alcoholic beverages. You know, probably, that tobacco is injurious to you; yet you cannot forego the gratification of your senses even for the sake of clearness of mind. You have probably been told that scientific tests have proved that alcohol, even in small quantities—a bottle of beer, a glass or two of wine, a cocktail, or a highball—definitely and measurably decreases the amount and quality of mental action. Your observation tells you that a drink of liquor tends to flush your face and momentarily exhilarate your mind. You might correctly infer that your brain is similarly flushed and that the abnormal activity excited must result in quick reaction. Thousands of observations prove that such excitation, due to alcohol, if persistently repeated may result in hardening of the arteries, with liability to rupture or the formation of clots, to be followed by the degeneration of the brain-tissues. Yet you prefer to take this chance rather than deny yourself the transient and illusory sense of well-being that a drink of liquor gives you.

ALCOHOL THE CHIEF CAUSE OF INSANITY

"If you chance to inherit some measure of neurotic taint (and few families are totally free from it), or if you are subjected to some undue strain from business worries or an acute illness, the incipient weakening of your brain-tissues from the habitual use of alcohol—even in small quantities—will supply precisely the conditions best suited to put you in danger of complete mental breakdown. Such, indeed, is the history of at least one in four among all the unfortunates who suffer mental overthrow, and are taken to hospitals for the insane. But even short of this, there is the persistent lessening of your mental efficiency which must enter largely into the question of your success or failure in your life work."

"Of course you feel confident that, however much your brain may lack of full efficiency of action, there is no probability that it will altogether fail you. You may be right; yet it is worth your while to recall that there are 200,000 individuals confined in institutions for the insane in the United States today, who a few years ago felt about themselves precisely as you feel about yourself now. Certainly 50,000, perhaps 75,000 of these unfortunates owe their mental illness wholly or in part to habits of alcoholic indulgence that at one time were doubtless thought by them to be as harmless as your use of alcohol in moderation seems to you now."

THE PRICE HE PAID

By Ella Wheeler Wilcox

Cosmopolitan Magazine.

I SAID I would have my fling,
And do what a young man may;
And I didn't believe a thing
That the parsons have to say.
I didn't believe in a God
That gives us blood like fire,
Then flings us into hell because
We answer the call of desire.

And I said: "Religion is rot,
And the laws of the world are nil;
For the bad man is he who is caught
And cannot foot his bill.
And there is no place called hell;
And heaven is only a truth,
When a man has his way with a maid,
In the fresh keen hour of youth.

"And money can buy us grace,
If it rings on the plate of the church;
And money can neatly erase
Each sign of a sinful smirch."
For I saw men everywhere,
Hotfooting the road of vice;
And women and preachers smiled on them
As long as they paid the price.

So I had my joy of life;
I went the pace of the town;
And then I took me a wife,
And started to settle down.
I had gold enough and to spare
For all of the simple joys
That belong with a house and a home
And a brood of girls and boys.

I married a girl with health
And virtue and spotless fame.
I gave in exchange my wealth
And a proud old family name.
And I gave her the love of a heart
Grown sated and sick of sin!
My deal with the devil was left all cleaned up,
And the last bill handed in.

She was going to bring me a child,
And when in labor she cried,
With love and fear I was wild—
But now I wish she had died.
For the son she bore me was blind
And crippled and weak and sore!
And his mother was left a wreck.
It was so she settled my score.

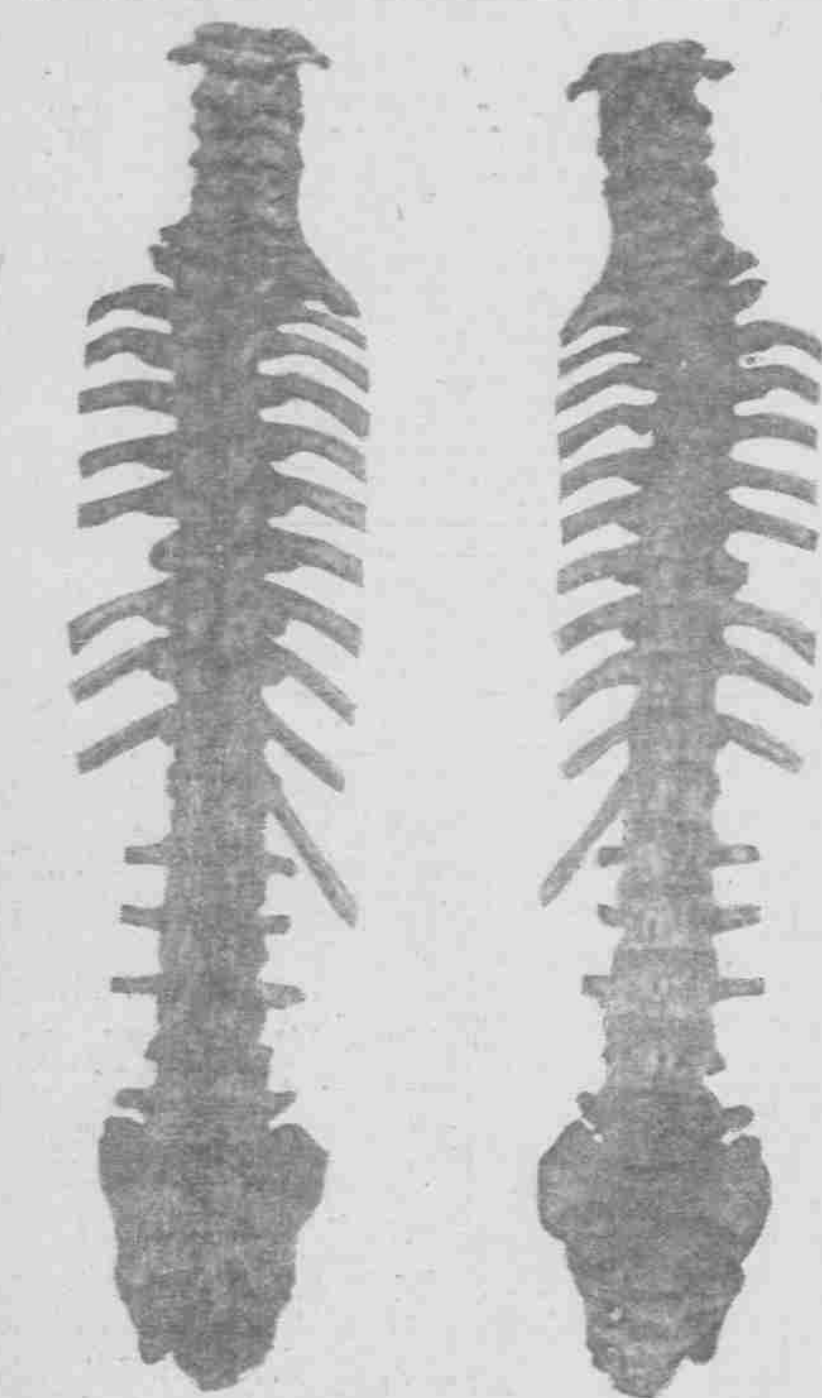
I said I must have my fling,
And they knew the path I would go;
Yet no one told me a thing
Of what I needed to know.
Folks talk too much of a soul
From heavenly joys debarred—
And not enough of the babes unborn,
By the sins of their fathers scarred.

EDUCATE EDUCATE EDUCATE

We are not literal enough in our education from the Bible. It's for our use in this world. We'll have no use for it in the next. HELP! HELP! HELP! Loving and tenderly. This may not be your sin, but some where on you there's a spot the mercy of God will have to erase.

"The brain operates effectively only while both cells and connecting wires are in good order. "Ramifying everywhere among the cells are the all-essential blood-vessels. In order that the brain-cells should functionate at all, they must be supplied with oxygen-carrying blood. Any alteration in the blood-supply makes a vital attack upon the brain. You may produce unconsciousness almost instantly by pressing on the arteries in the neck. Any vitiation of the blood-stream is felt by the sensitive cerebral tissues more quickly and more vitally than by any other tissues. Hence it is that a drug like alcohol, which may disturb the normal conditions of the circulation, makes its influence felt immediately and persistently on the brain."

The above from this great authority on insanity proves conclusively that all stimulants and intoxicants or anything that over excites the heart will cause insanity and pressure on the blood vessels of the neck. So we give a cut of the spine from Journal of Osteopathy by Dr. A. T. Still, which shows where he finds the abnormal condition in the spine at the neck which disturbs the circulation of blood to the brain and this abnormal condition is caused by overexcitement of heart and nerves. And the only way to restore this circulation, this great authority says, is so necessary to a healthy brain, you can see at once is by Osteopathy. Like we have done in this case and in several others both here in El Paso and elsewhere. And the accumulating of stagnant blood in the body, which they now cool down with ice, comes from various disordered organs where the nerves are congested too. So our only hope for the cure of insanity in the future is by Osteopathy, as it already has cured a small per cent of it. And Dr. Still says he has much hope for the future, but we can prevent it all by using only Osteopathy in the curing of diseases and the living of temperate, moral lives.



Gems From the Old Doctor

A. T. STILL, Kirksville, Mo.

INSANITY.

(See cut above, note twisted condition in neck.)

My object is to bring up the subject of insanity and what produces it. For that reason, I give the reader a front and back view of the spine of one of many insane subjects that we have dissected, in order to show you the abnormal condition found in most of the spines that have been sent to us from the insane asylum. The pill doctor says, "hereditary;" the mechanic says, "a wheel off, a bent axle, spoke out; fix it, get in your buggy, and go on your journey." More to follow this in other Journals.—July 24, 1913.

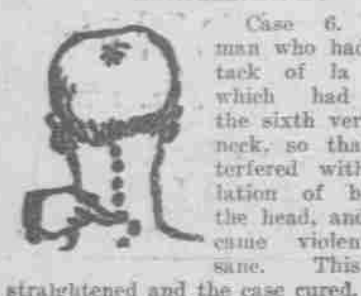
Thirty-nine years ago I raised the flag and swore by the eternal that I would stand for the works of the Divine Architect of the Universe.—August 5, 1913.

God is an architect, He is a builder, He is an engineer, and all nature comes under the orders of that architect.—August, 5, 1913.

To the osteopath, his first and last duty is to look well to a healthy blood and nerve supply. He should let his eye camp day and night on the spinal column, and he must never rest day or night until he knows that the spine is true and in line from atlas to sacrum, with all the ribs known to be in perfect union with the processes of the spine.—From the Philosophy of Osteopathy.

Osteopathy believes that all parts of the human body do work on chemical compounds and from the general supply manufacture for local wants; thus the liver builds for itself of the material that is prepared in its own division laboratory. The same of heart and brain. No disturbing or hindering causes will be tolerated to stay if the osteopath can find and remove them.—From the Philosophy of Osteopathy.

INSANITY.



Case 6. Young man who had an attack of la grippe, which had drawn the sixth vertebra in neck, so that it interfered with circulation of blood to the head, and he became violently insane. This was straightened and the case cured.

El Paso, Texas, Aug. 4, 1912.

Dear Dr. Collins:

I am so pleased with the way my wife has improved, who was so insane. It would do you good to see the way she goes about attending to her own work. You ought to let every body know what you can do for those poor unfortunates.

John Ketzger,

Proprietor Indiana Hotel, El Paso, Texas.

Will Give \$1,000 Reward to Any One Who Will Produce Any Drug or Dope of Any Description that Can Make a Brain, Eye, Liver, Lung, Stomach, Appendix, Kidney or a Muscle on Any Other Part of the Body or Repair One, Except the Blood.

Then why not have the Osteopathy restore the circulation to any part when it is diseased for that is the only way to get the impurities out and only way to get it repaired.

We Can Cure All These Signs of Insanity and Causes. If you come to us Soon Enough. For All Chronic Diseases are apt to run into insanity. And the taking of All irritating drugs such as Physies, all kinds of Alcohols given when you are sick have ten times the bad effect they do on a well person. And 90 per cent worse than on a Habitual Drunkard, who has calloused his digestive organs over and paralyzed his nerves until it takes longer for him to go into insanity and catarrh. While only a small percent of insane can be cured. It is the same way when you have taken Stimulants and Mineral waters and Physies, and exhausted your nerves until they allow stagnant blood

to accumulate in the system and overtax the lungs and cause consumption. We can cure all these bad livers, stomachs, appendices and bronchial troubles and kidney troubles. If you come to us soon enough, before you have exhausted yourselves with remedies and paralyzed your lung nerves with cough medicines. But after it has run into consumption only a small percent can be cured. So come now. And cut out the Dope for it causes 80 percent of all insanity. Cancers and Consumption. You have Tried Medicines and Remedies for a Thousand Years until Insanity, Cancers and Consumption are sweeping the Human Race from off the Earth.

It is time to Wake Up and Cut Out the Dope. And let the Osteopathy restore the circulation and the Blood will then carry out the impurities, build up the part again, just as it did when it first made it. For the Blood Only can make any part about you. "In the Blood is the Life of all Flesh," Bible.

Remember, Most of These Unfortunates Were So from no Fault of Their Own; But Yours, Mother

You begin taking Blood Purifiers and Physies and Mineral Waters before they were born. These saturated your blood and were too strong for their little hearts and over-excited them and exhausted them and deadened their nerves and drew their spines out of shape, and dulled their eye nerves and left them blind and deformed in various ways and weakened the nerves to various organs, and thus planted the seed of a blighted diseased life.

Do you remember the giving of sulphur in salt to stock in Mo., to keep off flies, which resulted in blind, deformed offspring. It will work the same with you. Any drug or mineral water. J. E. Holt, in the Progressive Farmer of Phoenix, Arizona, says: "This feeding red pepper at any time, and promiscuously is all wrong, especially in this fine climate, for the hens do not need that treatment, and it often brings a train of ills to them."

And Dr. Akire, our lady specialist, says in dissecting fowls fed on pepper: The liver is often enlarged and in others atrophied and increased and cancers. Yet you eat these hot foods and allow your children to eat Hot Tamales without giving it a thought; and strong coffees and teas with all their

poisons without a thought as to what you will suffer in the future. Be Temperate in All Things. Any stimulant on earth is a nail in your coffin, and a blight to your offspring.

You Mothers Began Deadening Their Nerves with Soothing Syrups when babies. They deadened the nerves to their lungs, with Cough Medicines, and planted the seed of consumption. They irritated their little tender stomachs and livers up with physies after they had already exhausted the nerves by overfeeding and thus planted the seed of cancers.

In every one of these cases we find the nerves are congested and the spine hardened at the joint where these nerves go to the diseased parts. You have planted these seeds yourself, Mothers. And the only way they can be restored, Mothers, is to take them to the Osteopathy when any acute or chronic ailment begins to show itself. And they will restore it to its normal condition and the restored circulation will undo these great wrongs you have done your child and save it from a consumptive's grave, or a cancerous painful death, or worse, an existence in a mad house. For these diseases are the intimate results and are in most instances, incurable.

Osteopathy Substantiated

BY THE
BEST PEOPLE
—OF—
EL PASO

This certifies that I, G. L. Hannan, am a notary public in and for El Paso County, State of Texas, and that I took the statements of the leading people of El Paso, who had been treated at the Dr. A. T. Still Osteopathic Infirmary, under Dr. Ira W. Collins, for nearly every disease you can think of, and they verified the fact that they were cured, and were enthusiastic in praise of the Osteopathic treatment.

G. L. HANNAN,
Subscribed and sworn to before me, this 26th day of October, A. D. 1910.

A. S. THURMOND,
Notary Public in and for El Paso County.

ASTHMA.

I took the statements of asthmatics who had been given up by physicians, and they are now well.

BLINDNESS.

I took the statement of a lady who had been afflicted with blindness, and others who had been treated for other eye troubles, and who can now see to read and are perfectly well.

FEMALE DISEASES.

I took the statements of ladies who had suffered with female diseases; they are now strong and well, and some of them had continued, so for years, since taking treatment. They were all enthusiastic in its praise. No operations given in any instance. Tumors had been shed by several.

DEAFNESS.

I took the statements of the deaf, who can now hear as well as anyone else.

PARALYSIS.

I took the statements of paralytics who can now use their limbs perfectly.

CATARRRH.

I took the statements of catarrhal patients who had shed the adenoids, and some who had had large mastoid abscesses, and all were cured.

FITS.

I took the statements of those who had had fits, and they are now perfectly well and were loud in praises of the treatment.

CONSUMPTION.

I took the statements of consumptives and others formerly afflicted with throat troubles, and they are now perfectly well and had been for years.

LUNG FEVER.

Several people who had been cured of lung fever by Dr. Collins's treatment made the statement to me that after being given up to die they had been perfectly cured by this treatment.

GALL STONES AND LIVER TROUBLES.

I took statements of patients who had been cured of liver trouble and gall stones by Dr. Collins' treatment, after being considered past relief by physicians.

STOMACH TROUBLES; INDIGESTION.

I took the statement of those who had been suffering with liver, cramps and stomach troubles and indigestion, who say that they are now able to eat any kind of food and enjoy life.

BRIGHT'S DISEASE.

I took statements of people who had Bright's Disease in their families, who had been given up by physicians and after treatment by Dr. Collins, were wonderfully cured.

RHEUMATISM.

I took the statements of those who had suffered with several different kinds of rheumatism, and they claim that they are now perfectly well and have never had it since—in one instance the patient had been treated eight years ago without having had a return of the disease.

CHILDREN'S DISEASES.

I took the statement of mothers whose children were cured of all kinds of children's diseases, and they were enthusiastic in their praise of the Osteopathic treatment.